



AFRIMEDICA

A Private Archive of African Traditional
Healing

by
Hakim Abel Mahere

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FIRST EDITION- BOOK1

Mutowa uses

Mutowa vanotsvaka mbereko svuurai gavi racho mosunga muchiuo mosiya rakadaro ridambuke roga inobata mimba kana hurume hwemurume wako hwakasimba

Remedy for unstoppable menstrual bleeding

KUNE VAKADZI VANE NGUVA VACHIGEZA ROPA RICHIRAMBA KUMIRA KANA VANE RWENDO
RWEKUKURUMIDZA KANA VAKABHUKA MUCHITAMBO WOTANGA KUGEZA

Iyi inzira iri nyore yekumisa kubuda kweropa.

Tora girazi rimwe remvura nechipunu chimwe chete chefurawa.

Sanganisa zvinhu zvacho, kurunga zvakanaka wobva wanwa katatu pazuva ropa richamira.

Kamba/ Tortoise remedies

zvakanakira kamba *(tortoise)*

1) kusangana nekamba unokwanisa kuita rombo rakanaka kwaunenge uchienda(lucky)

2)ukagara nekamba mumusha mako chinonzi muroyi hachisviki nokuti muroyi nekamba hazvionani kana ka1

2 uyezve inodzinga mweya yesvina kuvana vako

3) dembe rekamba ukaisira zvipfuwo zvako mvura imomo yekunwa zvinowanda zvekuti kana huku dzinoita marara pamba

4) kamba kugara nayo pamba inonhonga mishonga yese inokandwa pamba nevavengi

Mixed bag remedies

Kudzosa mudiwa

Kudzosa vadiwa vavo ne tsine unotora tsine dzakati wandei womona pa paper or rizla sezvoithwa mbanje womira pa window worivura na 12 its either maskat or manheru its up to you WO lighter wosvuta u chidana Zita rake for 3 days kana adzoka tora mashizha etsine zorera pa chest pako womupa hug hakuna kwachaenda.

* *MASHIZHA  EMUDOMASI  *

Kune varikuda pfuma maomesei woisa mumafuta ekuzora makwara anovhurika pfuma ikatambanuka

Kune vanorwadziwa nenzeve  tora mashizha manyoro emudomasi womakacha kacha woisa pajira rakachena woisa twumvura mbichana wopota uchisvinira munzeve inorwadza

Mashizha iwaya akakosha zvekare kugara nawo akaoma kumwana anonzwa buka unopfungaidzira paanodonha

Uye kumadzimai anoda kudziya muviri mashizha acho anoshanda kumaita masamba mutea isina mukaka.

Mixed bag rituals for anti witchcraft

Kushaisa mubobobo nezvikwambo mukana

Unotora upfu wosanganisa nesalt woisa muma corner emumba mako kunyanya maunorara

Kushandukira pant rako wava kurara

Kupfeka salt zvigodo zvitatu woisa pakachira or cotton wool wopfeka

Vaye vakanokorwa tsoka or kunzwa makumbo

Unonokora tsoka dzako mbiri wokanga pastove

Nevhu wondorashira pachivanze

Kunokora zvakare mubvuri netsoka dzako wogeza worasira pachivanze

Kugeza nehupfu wakadangana nesalt

Nemukaka zvobatsira kusunungura zvakasungika muhupenyu

Kunatira salt neyemagodo woigeza

Muviri wese

Kufukira onion woigeza

Kudyiswa unomuka kusen uchinwa mvura inodziya inetusalt

Zvinobuda netsvina

Libido enhancement for women

Kuwedzera maFeelings Kuma Ladies 😊

Madzimai ndaona hangu kuti family planning yauraya mafeelings evakawanda

vamwe hazvitogone tirege kuishandisa

so semadzimai ngatishandise ma home remedy anodzose mafeelings panzvimbo

ngatiedze kushandisa izvi:

1. Cinnamon 1tablespoon n half cup mukaka

dziisa mukaka woisa cinnamon then wonwa inwa once a week manheru but kana zviri srs inwa hako ka2 or 3 per week

2. tora green pepper greta wogreta fut ginger nyika mumvura wonwa this one iri fast zvekuti

3. kangai mhodzi dzemanhanga moisa salt modya manheru

4. greta mhodzi yeAvocado wonanika dzooma then wokanga wokuya wopota uchiisa mutea but musaise sugar imwai manheru

5. chibage chechirungu chiya torai zvemukati moisa mucup isai 1 teaspoon of honey
mix wodya

6. greta garlic n ginger isa mumvura overnight wonwa every morning

7. black chocolate idyai 30 mins before lula lula

8. water melon idyai everyday izvi zvinotibatsira madzimai kana musikugutsikana u can google nhaika

vane pamuviri siyai mozodya masununguka

Spiritual husband*

☆☆☆

Spiritual husband

Mashizha emu banana

Unotora mashizha matatu asina kubvaruka bvaruka womakacha kacha woisa mumvura wogheza 3days
pasi petsoka wakurara usapukuta after 3days wodira pachivanze mvura yacho ayiwa zvinoshanda kani
.no more spiritual husbands husiku

☆ Onion , Garlic neSalt yematombo

Zvinobatsira zvakawanda MaSpiritual husband/wife zvinodzinga ,minyama ,zvakawanda zvinovhurika
ipapo zvakasungwa zvehupenyu hwako chimbozamai ;;;

ONION - Unoitora woinamatira munamato wakasimba uchiputsa zvese zvakasungwa zvehupenyu hwako
wopedzisirawo uchinamatira zvaurikudawo muhupenyu hwako wadaro wotora Banga wocheka ONION
yako nepakati yobudisa 4 mapieces woisa mumvura wogeza kuseni kumaHalf 4 hazvisi zvekugeza nesipo
,,,,,

GARLIC NE 3 ZVIMATOMBO ZVESALT

Unozvitora woita munamato wako uchiramba zvese zvakashata zvakabatwa pamusoro pako ,wokumbirawo chiyedza nezvaunokumbirawo pamunamato wako ndiwe unozviziva garlic nesalt yematombo unozvisa pasi pepillow yako yaunotsamira zvogarapo uchawona life yako ichivhurika ,

Or kunamatira garlic oisa muka plastic osungirira mumba mako or kuseri kwe door...

Nyakubata Bata anoridza mhere chete

Zvobatsira, zamaiwo mozotipao maresults

Mixed Bag remedies



Uses of Muzeze

For STIs

Kachai mudzi wacho modira mvura inotonhora monwa

For Toothache

Kachai mudzi wacho movhaidza pamoto moita kufukira muchifema hutsi nemuromo

For Diarrhea

Boil mudzi monwa mvura yacho katatu pazuva

Nose Bleeding (Mututu)

Boil barks,leaves, and roots

Drink or make porridge using the water

Do this once or twice a month

Stomach Ulcers

Make porridge...it's the same process as nose bleeding

***Period Pain(Jeko)* Tora mapande(barks) emuzeze mukobvu...**

Boil and drink when menstruating...

Unorutsisa asi uchitorapa zvachose...

Fertility (Uchiko)

It's the same process as for the other ailments 👉 ...

***Caution:* 🙅 🙅 🙅**

Not for Pregnant women and children below 13

Vari pamishonga/medication please continue taking your meds...

Researched and Prepared by

***DERERE, OKRA*.**

1. Kuderedza chirwere cheSugar, Diabetes.
2. Kubata pamuwiri (Kuuchika)

How to prepare

1. Tora miguri yederere 6 kusvika 10 woricheka kuita kunge urikuda kuribika. Mhodzi hadzibviswe.
2. Isa derere mucontainer ine 2 litres dzemvura.
3. Zvisiye usiku hwese.
4. Kana awe mangwana separate mvura nederere wosara wawe nemvura inotsvedza.
5. Inwa mvura iyi kamwe chete pazuva kuseni usati wadya chinhu dakara yapera.

_ *End of Recipe* _

Zvimwe zvinhu zvinorapwa nederere

1. Stomach ulcer (maronda emudumbu).
2. Reduces stress.
3. Loosing weight
4. Boosts ovulation & enhances healthy pregnancy
5. Prevents anemia (kushomeka kweropa)
6. Improves the health of the Heart & Liver.
7. Kuderedza High Blood Pressure.

Kuregedza Doro

Tora makoko emapotatoes woamesa woakuya kuita powder.Isa mudoro onwa.

Katuruturu

Isa chigunwe chacho muchimwana chenhundurwa.Kana kukwatisa mudzambiringa woita seuri kunatira chigunwe chacho neutsi hwemvura iye.

Simba revhu

Kuti zvishaye basa kana murume achishandisirwa mushonga nana Marwei....nokorai tsoka yekuleft yehombarume yenyu paanenge atsika pasi mosanganisa neyenyu yekuleft.Inwai

Sleep sex dreams remedies

#_*VANOGAROROTA VACHIITA BONDE KUHOPE_*

Tsvaga minhenga yehuku dzechu boy chaidzo tora kana five manhenga wotsvaga marasha woisa pamarasha paye wotsvaga mafuta ehwai wosanganisa wofukira uchichituka chikwambo ichocho kana usina mafuta ehwai isa cooking oil shoma wofukira chiutsi chiya ndicho chakakosha izvi zvinoitirwa kuti kunhuwa kwemanhenga aya ndiko kunodzinga chikwando ndava hachidi kunhuwirwa,kune vese anetswa zviite nhasi chaiye umuke uchidzoka ne testimony 🌿🌿🌿🌿

Mutowa tree for mbereko

Mutowa vanotsvaka mbereko svuurai gavi racho mosunga muchiuo mosiya rakadaro ridambuke roga inobata mimba kana hurume hwemurume wako hwakasimba

Penis Enlargement remedies

Kukudza nhengo ya baba pasina ma side effects ana amai ndimi musoro wemba ngatisaignore post ino anokuvara nekusaisvika kuna Rezende ndiwe tora post ino upe baba. ndichazokupai futi imwe yemabveee



1.One banana 2.One lemon 3.One onion 4.A piece of watermelon 5.Honey

Procedure

Crush the banana, make paste.Add lemon juice, and crush that onion add it as well.Crush that piece of watermelon and 34 add it into that solution.Add one teaspoon of honey. Mix well, stir untill all is mixed.Drink for 3 weeks your mbolisi will 09 change size

Remedy for chasing away bad spirits during sleep

Uchinzwa sewakaremerwa kana kuti zviri kunyanya kubata munguva yokurara

_madzikirira

_kunzwa mumba semapinda munhu

_kuita bonde newausingaone.

Nhasi imboisa munyu pasi pemubhedha kan pasi pemachira ako

Munyu wemagodo.

Kana kuti pisa munhenga wegarukuni uri padoor

utsi hwacho uchipinda mumba mako

makunda 🙏🙏🙏🙏🙏

Sexual enhancement remedies

KUDZIYA, KUPISA, KUNAKA, KUTAPIRA, NYERE* 🍑🥥🍒🍇🍉🍌🍎🍓🍋🍌🍌🍌🍌🍌

. *Mukadzi wese should have ginger(tsangamidzi) negarlic.Ginger inobatsira kubvisa mvura dzakawandisa mumuviri dzinobuda nguva yebonde kune dzinozonyanya so naturally inodzora pussy,inoita udziye muviri zvikuru.Garlic increases ur libido so much,kakuda bonde/ku kasika kunzwa nyere.So zvaunoita cheka cheka twupa pieces twegarlic yako neginger waimenya zviya then kanda mukanwa wonwa nemvura as if u are taking tablets.No need kuzvitsenga. Do that morning & evening.Muchandifonera kuti Doc zvaita huyai mutore sugar kune chando 🍊🍊🍊🍊🍊🍊🍊🍊

*Unobvisa zvemukati me lemon woisa pakajira woisa ka sugar mbichana masikaty paye woswera vobvisa wogeza necold water ine course salt munhu anoita chiname uchanzwa Murume achiti sweetheart unonaka ende unenge

uchinaka *REMEDY 11*

KUPISA,KUDZIYA,KUNAKA 🧺



*Tora makwati or mashizha Isa mumvura wonwa mvura yacho eMunhiti or Mukamba temperature inokwira,kudziya muviri zvekuti baba *REMEDY 12*



KUDZIYA MUVIRI

*Zumbani Isa mumvura inodziya *REMEDY 2,KUDZIYA,KUPISA,KUNAKA,KUTAPIRA,NYERE* 🧺

Tenga "pure honey" huchi chaiwo,then wotenga malemon ako woasvina mu cup watora

juice.Zvadarora tora huchi sanganisa nelemon juice iya then teaspoon of cooking oil ne pinch of salt. Unongopima nemaziso.Zvadarora boil zvinhu izvi at a low heat zvisatsve *ndapota.Zvakunokorera wobvisa pa stove. Let it cool then isa mubhodhoro then daily idya teaspoon yemixture yawagadzira iyoyo.twice a day.* *Muviri unoita kupisa chaiko zvekuti even munhu ari next newe akangogara newe anototi heyi munopisa amail



kusuka chibereko

100g tanganda or joko, 3 cups water, 3 tablespoons salt to taste, boil for 10 min then leave to warm then drink 1 and half cup makuseni usati wadya any thing. Vane nhumbu musanwe pliz inogona kubva uye vaye varikubata pamuviri pachibva, try it after to clean your womb.

*****MUNHIKWI***KUZARIRWA***KUZARIRWA***

*

Kurapa munhikwi or kuzarirwa or mabayo. Tora tablespoon woizadza nedovi natural dovi rekumusha woridya seurikudya loly pop.*

: *Flue Bomb*

Mix

Garlic

Ginger

Water

Eucalyptus oil

Honey

Onion

Blend them together

Drink two tablespoon three times per day

OR Just cut onion into small pieces

Put onion shoma mugaba then add honey pamsoro put onion again on top on honey

Put onion pamsoro muchiita malayers

Then close and wait kusvka zvaita juice.

Drink tablespoon of the syrup three times per day

Tsinga

Vaye vanonetseka netsinga tora mhiripiri sanganisa nemunyu wopota uchikwiza katatu pazuva tsinga inopera

Tora purple spirit sanganisa nemunyu wematombo kwiza kaviri pazuva kusvika tsinga yapera asi hazvitore nguva tsinga inopera nekukasira

: *Munyama*

Ukaona munyama wekusarorwa vanyanyisa Tora mutsvairo wemumba uye woisa mumvura wogeza uchitaura kt ndikutsvaira zvese zviri pandiri marara ese ndikubvisa kana vapedza unoukanda kumawirira right watora mugoti munobika sadza uye woisa zvakare mumvura woti sekudiva kunoita mugoti neniwo ndomadirwo andichaita hapana musha usina mugoti Saka ini ndichaona semugoti ndoda zvakanaka pahupenyu hwangu vapedza woubata zvakanaka woisa paunogara zvakanak ndatenda hangu

Mutsvairo unorasa zvachose mugoti unodzorerwa Mumba mvura yemugoti unogeza nayo zvekare

HOW TO CLEAN KIDNEYS WITHOUT PAIN - GOOD FOR ALL AGES

Clean your kidneys.

The years go by and our kidneys always filter the blood, eliminating salt, poison and all that is harmful in our system. Over time, salt accumulates and requires cleaning treatment.

How to get rid of this?

It is very easy, first take a bunch Scent (Parsley) leaves, and wash well, then cut into small pieces and put in a saucepan and add clean water (1 liter). Boil for ten minutes, cool, filter into a clean bottle and refrigerate.

Drink one cup a day and you will see that all the salt and poison accumulated in your kidneys begin to appear when you urinate.

_This is recognized as the best cleansing treatment for the kidneys and it's natural!

Mu Christmas tree

Mabayo:Torai twumashizha twacho mokwiza panemabayo pacho..

Masuwo Cherai midzi yacho moboilisa mopota muchimwa nhumbu yaku 7 months..

Mabayo remedy, pneumonia

Remedy for mabayo

mix 3 tablespoon cayenne one bulb grated garlic plus coconut oil mix then rub daily 2 times

~Inwai mvura yakawanda

~Idyai michero inemvura semagaka

~Kusadya munyu wakawanda

~Regedzai zvekunonoka kunorasa mvura.

~Idyai garlic neginger nguva zhinji

~Kwizai mashizha embambaira both side zvinombobatsira

~ Kana muchecheni midzi wacho mogeza nawo

~*Christmas tree / katsvaira churu* mushonga wema bayo zveKare munokwiza pane chibayo pacho

- kucheka lemon motora half yacho moisa salt mokwiza pane mabayo pacho

- Kukwiza nevicks,

Labia growth remedies

RECIPE YEMADZIMAI 🦿

KUKUDZA MATIN TiN 😊

1.Paw paw leaves dry em en woputa like fodya usanyanye anorebesa

2.Mutohwe leaves dry em en woputa usanyanye again

3.Rekeni yeblack pisa en wozora vaseline wodhonzesa

4.Vaseline blue seal yakadaro can do futi

5.Pisa manhenga ebat bat en mix w vaseline en dhonza

asina cme inbox

6.Tora banana peels pisa en dota racho zora dont

dhonza ey do thega

7.Nzungu kanga tile blek en mix w vaseline dhonza

8.Zorera nhundurwa patutinji don't pull anozvimba but

paanoserera anenge atokura ukazviit kana ka4 unenwava bhoorecipe yematinji iyo

Methylated spirit use's, remedies

KUSUNUNGURA HUPENYU HWAKASUNGWA TICHISHANDISA METHYLATED SPIRIT 🧡💔🧬🧠

👉vehama makwenzi aripo akawanda asi kugona kushandisa kwako ndiko kukunda kwako..

👉Zvizeve kuti makwenzi mazhinji haashandiswe muri kunguva

zvizeve kuti makwenzi edu haazanganiswe nesipo

👉makwenzi anoda munhu asina kushora mukati mehana.

👉makwenzi aya anoda iwe pachezvako munhu uchiziva kuti uri kuzama asi zvichiramba. Ndinorevei hatikumbire gwenzi kuti ritovhurire ramo iwe usina zvauri kuita sekutengesa kana kushanda.

👉Makwenzi anoda munhu anoziva mashandisirwe uye nokutenda.

Tsvaga methylated spirit. Ye purple iyaa inoshandiswa nanamama pamakuvhu evana. Chero size.. Tora bepa re White. Nyora whatever you are going thru... Kudya wakarara,kusaroorwa,kusaroora,kusabata mwana,kurota uchidzingirirwa, kurota nyoka nemhuka,kushaya ma customers, kusabata mari inogara, kurwiswa nehuroi,kusemwa,rejection,munyama etc. Kana uchinzwwa KUTI mumba mangu munopinda vanhu varoi ndakarara nyora. Nyora zvose. Wapedza kunyora vhurai bottle re spirit wokanda bepa... Spirit iyi ine strong smell. Inodzinga ma spirits anonzi mutevere. It's very powerful... Tora salt yemagodo shoma woisa muruoko wonamata KUTI chose chavakashandisa against my life let it be broken I want to be free. Namata chaizvo uchiramba zvawakaitwa. Dira salt mubhodhoru riya mawaisa ka paper. Wovhara. Namata for 3 days kutanga nhasi pa 12 midnight zve one hour. For 3 days don't open. Uchinamatira mweya iye yawanyora KUTI iparare. Mazuva matatu pakati pousiku wakaribata uchirova prayer. After 3 powerful midnight prayers open the bottle wonodira mungava mu sink or mu toilet uchi dechayer KUTI mweya yose yanga ichinditambudza ngaiende. Ps musaisa chibhodhoru pasi pane Vana... Do this prayer and u shall testify. Munogona kutenga bhodhoru re spirit yacho makawanda mogovana moisa tumabhodhoru tunovharika.... Tevedzera unopabuda chete go and try usashora

Mhopo remedies

NATURAL WAYS TO REMOVE WARTS (MHOPO) FROM BODY

Chii chinokonzerwa wart?

Warts are caused by ***HPV*** Human Papilloma virus.

Remedies

1_ Aloe vera_ Apply Aloe vera gel pa wart , chitora bandage voisa ipapo. Chirara nazvo zvakadaro kusvika kwaedza.

Dzokorora izvi kusvika zvapera. If you apply very well the warts will go away gradually.

2_ Baking Powder* Sanganisa baking powder one tablespoon ne castor oil to form a smooth n fine paste. Chiisa paste pawart vhara nebandage overnight, dzokorora dzamara zvapera.

3_ Garlic nebaking powder _ Tora 2-4 cloves dzegarlic, tswanya tswanya chaizvo kusvika zvanyatsoita. Chitora baking powder yakafanira, Sanganisa negarlic it's, voisa pawart cover nebandage overnight.

Dzokorora kusvika zvapera zvi mawarts zvacho.

Mixed bag REMEDIES

Sari nekugeza munyama nemhepo dzisingade tsvaka zai motora malemon 4 ruoko rwemunyu fine salt madero torai zai mosanganisa nemunyu mozotora lemon rakachekwa mokweshwa pane sari madero atove manake kugeza munyama nemhepo motora muchiseva ne lemon pazai mokweshwa muvirivose vose madero mogeza nemvura modzoka nemanake

Kuenda ku toilet kinoita weti zvakapfurikidza remedy

KUGARA WAKAMIRA NETOILET UCHIRASA WETI YAKAWANDA

Tora mashizha embambaira akawanda, anozara plastic bag rakatsindirwa. Boil in 10 litres of water for 30 minutes, uchasara ne 8-9 litres of water. Chinwa 500ml kaviri pazuva everyday, kuseni one hour before food namanheruh one hour after food for 7 days. Hunza testimony pano after 3 days but pedzisa kunwa kusvika 7 days dzapera

Sexual reproductive remedies

Guava leaves, scent leaves, pawpaw leaves, and cloves tea

Tea iyi inokwanisa kunwiwa nemunhu wese.

Kunana Mai

1. Sikarudzi inoswinyaswinya here?
2. Kana uriku nguva ropa rinobuda riri black here richinhuhwa?
3. Urikuenda kunguva zviri normal here or urikumbojamba usina mimba kana kuti hauchatoteweri iwe usati wasvika pa Menopause?
4. Kana kuti une kamweya kanobhowa kanobuda kusikarudzi?

If u experience any of the above, then this Herbal Tea is for you.

Zvinodiwa

1. Guava leaves
2. Scent leaves
3. Pawpaw leaves
4. Cloves

Mashandisirwo

1. Natsogeza zvese zvinodiwa vofashaidza for 15-20 minutes.
2. Inwa tea iyi mangwanani usati wadya chinhu uye manheru usati wadya zvekare.

3. Ramba uchinwa tea iyi kudakara wapura vamwe take a month vamwe 3 months kuti zvinatsopere.

Kunana Baba

1. Inorapa Gonorrhea.

2. Inowedzera huwandu hwema sperm.

3. Inobatsira kuti tsvimbo yaBaba iite chipikiri panguva yebonde uye inonoka kuburitsa mbeu

Kumunhu wese

Tea iyi inosuka ma kidneys uye maUTI (Unitary Tract Infection).

UTI zvinoreva tuzvirwere tunowanikwa munzvimbo dzeUrinary system dzinoti, Kidneys (Itsvo), Ureters (tumachubhu tunotakura weti ichibva kumaKidneys ichienda kubladder rinogara weti), neUrethra. Madzimai are at greater risk than men. Ma symptoms eUTI ndeeukuenda kunoweta after nguva pfupi, kurwadziwa uchiweta kana kurwadziwa paside or pazasi pemusana

Facial skin remedies using Tomato

Rabha Tomato Pachiso uite Ganda Rakachena

Isa 1 Tomato slice zuva nezuva kumeso kwemaminetsi mashanu. Massage zvinyoro nyoro. Dururira huchi hudiki pairi & massage. Izvi zvinobatsira kubvisa mapundu, mburwa, mavara matema & ganda rine mafuta.

Kune vaiti chimboisai remedy yema pundu itai izvi 🙏🥰

Mhopo remedies

MHOPO KUFACE, MAOKO ,MUHURO

Remedy 1: munotora galic moimenya crush it motora coconut oil mozora nzvimbo iri health iya around mhopo

Motora galic yenyu mozora pa mhopo movhara ne small bandage

Use fresh garlic everyday till yadonha.

Remedy 2:isayi small ball of cotton mu apple cider vinegar moisa pa mhopo paya tape it down with a bandage for couple of hours

Remedy 3:peel a banana and cut a small piece, put the peel over the wart inner side down and tape it leave it overnight mobvisa kuseni

Remedy 4: lemon juice inobatsira futi pa mhopo jus apply plain lemon juice over the wart OR munocheka lemon renyu kuita half dirayi apple cider vinegar netusalt mosiya for a week and some days mozotora lemon renyu riya moisa pa mhopo Do this kusvika yadonha

Relationships remedies

Murume/mukadzi wako anoteerera hama kana mashamwari kudarika iwe. Chese chamati muronge mumba anotanga kusvitsa nyaya iyi ku hama dzake kana shamwari. Ma decision mazhinji anoitwa somewhere iwe usingazvizivi. Ukati kuronge chakati anokuudza kuti mira ndigobvunza. Sis vake kana mai vakayera vati kwete zvatodhakwa. Nezvimwe zvinhu zvisingadi kuudzwa vanhu anomhanya nazvo. Even kuita mwana chaiko newe nyaya iyoyo inosvika kuhamu kuti vape go ahead. Anotoita like even mu bedroom achabvunza kuti nhasi toyita here. Iwe unoita seusipo zvachose nekuti hakuna chako chonotererwa. Wanetsa nevanhu ava, vakutadzisa kugara zvakanaka. Tora bond paper nyora mazita

evanhu ava vakunyanya kuteererwa nemumwe wako. Rimwe pepa nyora zita rake. Tora shinda ye red. Folder mapepa aya ka 3. Watora rimwe pepa woisa mhiripiri netsvina yembwa. Sungirira mapepa aya pa shinda iyi. Tanga nekusungirira rine zita reumwe wako, then rine mhiripiri netsvina yembwa kukupedsisira sungirira rine mazita evanonetsa vaya. Tsvaga dende panze rehembe yakarasiwa yavanenguva isingapfekwi. Ndende iri must be an old hembe yatova nemavhu yawanongawo kusango yausingazivi ndiani. Putira shinda iya yakasunga mazita aya. Tenderedza neshinda yered again kuti zvisavhurika yakawanda. Tanga wasvipira mate ako katatu wochitaura kuti imwi vana nhingi ndoda kukupesanisai nemurume/mkadzi wangu nhasi. Ndoda musapindira pa marriage yangu. Ndoda muvengane kusamuvudza zvekuita. Taura zvakanwanda ipapo wakabata set iri. Enda unocherera pasi wosiya zvakanwanda. Uchavona shura richaitika. Vanhu ava havasisina simba pamusoro pemba yako. Umwe wako ukamuti jump anongowuruka asina kubvunza hama.

Toothache remedies

Zino

Inwa ma Genpayne

From pharmacy

Zino

Zino rineburi/mhango, Ini Ndanga ndinero wo ndakangoti ndakurara ndakaisa Black nugget imomo makuseni ndakava bhoo nanhasi ndototsenga neikoko but gum richiri rakazvimba

Zino

Tsvagayi brake fluid iya yakanzi Dot 4 ye total iya modonhedzera pa buri ipapo rinonyarara zvamuchose.

Zino

Clere Glycerin

Kana uchinzwa zino Tora cotton wool kadiki donhedzera glycerin rako isa pazino ririkurwadza.zvinorwadza asi rinonyarara kana rine mhango pfekera ipapo rinopora unogona kutoona tumakonye pacotton yacho.

.

Zino

Kune vane dambudziko rekuora mazino. Unotswanya tswanya mashizha emugumtree wokwatisa nemvura shoma. Mvura iyoyo unonga uchiyifunda wozosvipa. Muti uyu unouraya makonye iwayo. Imwe nzira kugara uchidya tsangamidzi inouraya makonye iwayo.

Imwe yacho unotora nhundurwa woisa mumazimbe akupisa wofukira wakashama muromo.Hutsi hwacho huchipinda mumuromo unotonzwa kuti pane zvakubuda mumuromo. Dzimwe nguva makonye anodonha mumuromo *MUSHONGA WEZINO*

Vaye vanonetseka nemazino, Neavo vane mazino anobuda ropa neanoita huziza/hugugu. Nevane mazino asingadi kuruma chinhu. Vane mazino ane mhango neakazvimba.

Unotora midzi yemutsine vamwe vanouti munhungumira wotorazve twumashizha twutete tweekumusoro twuye wokwatisa mumvura ingakwane komichi huru. Isa munyu wakati wandei. Mira zvitonhore zvishoma (usazotsva) wopfunda mukanda (kunwa usingamedzi) uchikuchukudza mukanda sezviye zvatinaita tichikwesha mazino. Kusvika komichi yapera. Izvi unaita kaviri pazuva mazuva mairi chete.

Herbal Treatment

Activated Charcoal

Charcoal toothpaste

Kurapa zino

1 tsaga nhundurwa.

2 wotsvaga chitanda chakati rebei (30cm).

3 panodiwa wesya (dhende) - worimonera pachitanda chiya sezvinaitwa urimbo .

4 svinira nhundurwa pachitanda chiya, make sure kuti muto nemhunzi zvatira padhende riya.

6 tsvaga dhishi rekugezera maoko .

7 tsvaga candle - woribatidza worimisa pakati pedishi.

8 dira mvura shomanene mudishi - candle rirambe richipfuta.

Orange peels uses

BASA REMAKANDA EMARANJISI (ORANGE PEELS)

Vazhinji tinodya ma orange asi tinorasa makanda acho. Asi

makanda aya ane zvakanakira zvaanobatsira pahutano hwedu.

1. Kurapa blood pressure kuti ive normal, kuti cholesterol ive normal, kurapa moyo usiri kushanda zvakanaka. Orange peels ane ma compounds anonzi nobiletin, anobatsira

kurapa. Uchida kuti bp, cholesterol, kana heart problem ipere: Tora orange rimwe chete worigeza. Cheka orange iri zvese nemakanda aro kuita ma piece akawanda. Isa mupoto woisa mvura 750 ml kana inokwana cup ye tea hombe. Chibhoilisa zvose

zvakanakira kwe 5 minutes. Zvabhoila kudaro chiisa mucup yako, usaise sugar kana chimwe chinhu. Chinwa kusvika wapenda. Formula iyi haidi wanwa mapiritsi ebp kana blood thinning tablets

nekuti bp yako inogona kunyanya kudzika. Pasina nguva unonzwa bp yadzika. Unogona kushandisa mapeels

semasamba ako mazuva ese .

2. Colon cancer/ skin cancer/ breast cancer:

Ma peels ema orange anogona kubatsira kupodza colon, skin kana breast cancer. Tora orange worigeza, Cheka quarter ye orange watora peel racho woritsenga zvakanwana womedza. Zvinogona kubatsira kupedza colon, skin kana breast cancer. Ramba uchidya mazuva ese kusvika wave kunzwa zviri nani.

3. Kunhuhwa mukana/ whitening teeth:*

Kana une dambudziko rekunhuhwa mukana rinogona kupedzwa nekutsenga ma peels ema orange.

Uchida kuti mazino achene, rub orange peel on ur teeth.

4 .Natural skin bleaching and even skin tone.

Kukwesha kumeso nema peels ema orange kunoita kuti skin itsvukire uye acne ipere. Orange peels anoita kuti tsvina iri muma skin pores ipere. Usatanga wazora kumeso kwese, zora padika woona kuti skin yako haisi ku reactor here. Kana isina ku reactor wozora kumeso kwese.

5. Varume vane sikarudzi inoita masadza Ma orange peels anogona kupedza dambudziko remasadza pasikarudzi ye varume. Unotora orange peel wozora pasikarudzi yako . Zvakawanda zvinopedzwa nema orange peels,

Gugeza Chibereko

vana amai

Kugeza chibereko

Tora onion and garlic and mix the two. Then boil water and wozvisa mumvura imomo and wodanyanga steam ipinde kuvagina. Iyi method kaone manje.

Zvakarewo musagare musina kupfeka masocks vakadzi cause mukapindwa nechando mutsoka munorwara nechibereko.

Mbereko

Mabanana akaibvisa, malemon & garlic. Kwatisa onwa se soup. Afta 2 weeks mimba ikasabata enda unoonekwa kut une chibereko here

CHIBEREKO

Chibereko chakarwadza unonzwa semusana kana gumbo kana guvhu asi chiri chibereko Semukadzi dzidzai kuchengetedza gearbox rako

Kumwa Miracle Trio or Gavakava zvinobvisa tsvina muchibereko

Hazvininei kuti unoshandisei pakudziirira pamuviri gearbox must be cleaned Hazvinei kuti makore ako gearbox must be cleaned

Kunhuhwa kwehengo itsvina inenge iri muchibereko

Ginger Garlic and lemon zvinobvisa tsvina muchibereko

Gavakava rinobvisa tsvina pamwe nezvirwere zvebonde

Clove ino batsira kubvisa mweya netsvina Kana uchinzwa kurwadziwa

Stomach worm's remedies

Maworms

Maworms emudumbu anoshayisa mufaro ungaone sei unawo

1.Kuperezeka

2.Kudya zvkapfurikidza

3.Headache

4.Kushaya hope asi muviri wakaneta.

5.Kuvaviwa pamsoro pemhino,kana kunobuda poo anal area.

Tora garlic wocheka wominya semapills or kunwa nemvura kana ichikunhuhwira tsvaka garlic oil frm pharmacy inonwika mushe.

Tora mhonzi dzemanhanga wodzicrusher wonwa nemvura kana kutora maveggie akaita sespinach or lettuce wocrusher woisa mhonzi dziya watswanya wonwa anopera maworms...

Manyoka

Kunevaye vanorwadziwa ne mudumbu vachidurura *kuchaya*

Torai mashizha emutsine achiri matete motswana mobhoilisa pamoto monwa mvura yacho mudumbu munobva mapora

Mixed bag remedies

Kwatisai muto 12 lemon, salt yematombo, + cooking oil ngazvisapera moisa honey zvoita Golden mopota muchidya spoon  morning  afternoon & evening mbereko.

Boil mudzi wemuzambiringa makavhara poto pamunovhura nongeszerai mupoto steam chituruturu chife icho.

CANCER YEMUDUMBU BOIL MASHIZHA EMUCHECHENI DRINK THE WATER EVERYDAY KUSVIKA CANCER YAPER.

RONDA RECANCER ISA MUKAKA WEMUTI UNONZI MUTOWA RONDA RINOPORA ROVHARA.

DZUNGU

Boil mutsine monwa mvura yacho.

MUSANA

Makwati emuzeze, manyoro. Isai mumvura, boil, mupoto monwa mvura yacho.

CANCER YECHIBEREKO ,YEMUDUMBU ,UYE MAZAMO.

Mashizha emuchecheni , boil mashizha acho manyoro mopota much in wa everyday.

NZUNGU

Ngungu dzinobatsira kune vazvere vanoda kuty mukaka uwande , huye ubude, unodya dzakakangwa chine salt yakati wande. Kana kudya mifushwa makaisa salt yakati wande .

Kune zve vazvere vanoda kudzoka kuita mhandara munorara makanyika musvo mumvura womuka uchinwa kuseni kusati wadya chimwe chunhu.

DZUNGU

Idyai ginger Inwai mvura yakawanda 8 glasses per day..... Kana kumuka makuseni zuva risati rabuda wogeza kumeso nemvura inonwiwa ne hangaiwa kana wapedza kugeza chipinda hako mumba mako usacheuke.

B.P

Tora fresh mashizha emusawu matete, boil mumvura ugonwa mvura yacho.

Kuuchika, kushaya mbereko remedy

KUUCHIKA

Ladies mawanda kuinbox mati manetseka nembereko, dzimwe dzimba dzakutoparara nekushata mbereko.

Listen n listen for good handidzokorore remedy iyi.usauye kuinbox

Tora 10 matohwe nemashizha emuguava fresh anti vande. Boil separately matohwe neguava. Zvadaro chisanganisa MVURA idzi chete yeboiled matohwe Aya aibva akudona masiriri nemvura yeguava leaves.

Chitora DERERE reChipodzi rinosvika 8, cheka CHEKA ZVOSE DERERE soak in one litre water bottle overnight.

Kuseni chisanganisa MVURA dzose chipota uchinwa mvura iyi kuseni usati vadya chinhu palast day rako reperiod.Inwa for seven days uye bonde ngaritsve for two weeks non stop. NHUMBU inofanira kubata chete.

Ostrich eggs use's, remedies

Makwanda emazai e ostrich chikara pavanhu vanoda mbereko moboilisa momwa setea mazuva matatu uye anotengesa kungokanda pazvaunotengesa wapedza chikwama unoisa mbavha haifi yakachiba

STI REMEDY USING Damba

SIKI

1. Gonorrhea/siki
2. Genital Warts

ZVINODIWA

1. Damba
2. Mvura

METHOD

1. Tora damba risati raibva woripwanya.
2. Isa damba rawapwanya mupoto ine mvura to cover the contents.
3. Ngazviboile kwezvimaminutes zvingaite 20-30
4. Kana zvakhoila chimbosiya zviti porei
5. Chitora mixture iyo wozora pachironda/warts.
6. Kana uine siki yemudumbu ita zvekunwa.

Siya like kana wabatsirika 🙏❤️

Snoring remedy ngonono

Remedy for Snoring (Ngonono)

1 apple

4 carrot

thumb size ginger

1 lemon

Blend them together womwa manheru ega ega for a week.

Ndikunzwe futi uchiti gruuuuu kwwiyooooo gruuuuu kwwwiyooooo

Mutsine Uses

Blackjack (*Bidens pilosa*)

offers medicinal benefits, including :

1. antibacterial and anti-inflammatory properties,
2. traditional uses for treating wounds, diarrhea, and respiratory infections,
3. and potential applications for managing conditions like hypertension and diabetes.
4. It is also a source of vitamins (A, C, E) and minerals, contributing to better health and appetite, particularly in chickens, and is a versatile ingredient for food and tea.

Infidelity issues

MARWEI.

Baba vanetsa here gumbo mumba gumbo panze.

Nhasi ndauya nenhau huru.

iyi ndinoda udzoke nechapupu mugroup.

1 Tora socks remurume wakho risati rawachiwa akarisvibisa paye worisunga chifundo woriisa pasi pe magumbezi aunorara iwe.

Furatidzo iyoyo iite uone hakusi kusunga munhu asi kuti baba vadzikame.

Bute / Snuff Uses

Bute.

Bute mushonga mukuru unorapa zvakanwanda pamunhu.

Bute rinofumura futi mhepo dzakaipa pamunhu kana mumusha.

Bute rinodzinga zvakare mhengo dzakaipa.

Zambara

Iri idare rinoitwa nebuta rematare rakasanganiwa nemukaka kana mvura inodziya. Dziisa mvura yako kana mukana chikamu chekomichi kana komichi yakazara iya yesvutugadzike. Tora chitsama chako chebuta wodira, tora chipunu chimwechete chidiki chemunyu (teaspoon) wodira wokodzonga. Ibva wanwa zvese kamwechete pasina kumira.

YAMBIRO

Ita dare iri usina kwaunoda kuenda nekuti kurutsa, kurukutika, dzungu, kupera simba kana kuchaya zvinowanzoitika wapenda.

Vanhu vane asthma kana vanorwara nemoyo musaita dare iro ndapota.

Ndinowanokurudzira kuti dare iri uriitirwe nasahwira anobata matare uye ita waudza vamwe nekuti unogona kufenda kana kutombofa chaiko wozomuka zvako. Dare iri rinodhaka zvakare.

Dare rezambara rinoburitsa udyiswa hwese kana kupenda umwe urwere hwemudumbu. Idare zvakare rinodzinga mamwe mamhengo anogara mudumbu.

Please don't attempt this Zambara if you are not sure about your health.

Mutsambatsi uses

Mutsambatsi

Mapundu muchibereko

Kusvinyiwa kunhengo

Kubuda discharge of any color

Kubuda ropa nguva yebonde

Kukwenya kunhengo kusvika wakurwadziwa

Kunzwa kunge wet yasarira

Kuita weti inopisa...

Mafibroids

Kugeza chibereko

Discharge kumisa

Asinga teeri kunguva

Kudzora dumbu

Tora mudzi wemutsambatsi... mudzi wemuroro...gavakava resango...mudzi wenhundurwa...mukunda nyoka...makwati emuchecheni...muzondokubaya...sukavakadzi... midzi yemakwenzi ose Ari pamusoro apa pamifananidzo iyi

Boilisa mvura wodira mu 5liters yomvura mune midzi yemakwenzi

Siya zvipore

Tora macup umwe makuseni nemanheru ...uchaona kuti fibroids anobuda

Izvi paunoita so imbotsanyai bonde nekuti unoita pamiri pasina kurongwa

Kana usingateeri kunguva unotanga Musi wacho iwowo

Ita izvi kwe3-5day unenge wachena zvole zvapera

Yambiro kune munhu ane pamuviri usaita.

Mutsambatsi uses

Mutsambatsi

Mapundu muchibereko

Kusvinyiwa kunhengo

Kubuda discharge of any color

Kubuda ropa nguva yebonde

Kukwenya kunhengo kusvika wakurwadziwa

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 Yambiro kune munhu ane pamuviri usaita

MUSHONGA WEJEKO

1.GAVAKAVA

Rinorapa zvirwere zvechibereko,sti uye JEKO. Unotora gavakava wotswana tswana wopota uchinwa

2.TSINE/MHUUU

Inorapa BP ne JEKO unotora mashizha acho wogadzira tea wopota uchinwa kana kubika semuriwo

3.CHIZHUZHU

Chera midzi wotsonda tsonda woisa mumvura wobikisa poridge imwe wonwa for 5 days

****4.KARUNHANGA****

Tora midzi wotsonda tsonda woisa mumvura wobikisa porridge wodya

5.MUNHUNGURU

Chera midzi wotsonda tsonda woisa mumvura wobikisa porridge wodya. 6.KATSVAIRA CHURU Chera midzi woudvura woisa mumvura wobikisa porridge

GOMARARA REKANZIMBE

Gomarara iri rakaita chinzimbe rinoshanda kunanababa vaye vanenhengo dzisina simba ,dzisingamire zvakagwinya,,,uye rinogadzira hurume hwakati wandei zvekuti panguva yekutunda iya unoita kubudisa mbeu yakanyatsowanda uye yakakorera uye nhengo yako inenge yakanyatsogwinya,,,baba musati matanga bonde torai kanzimbe ako mokamenya zvenyu semunomenya nzimbe. Idyai sezvamoita nzimbe zviya „one hour musati matanga bonde,,,mhengo yenyu inobva yamira zvekuti musi uyu mese munonyatsotundisana nekunakirwa zvamusati mamboita,, saka ndoo basa regomarara rekanzimbe iro🔥🔥🔥🔥

Kupedza Dumbu, Belly Fat remedies

KUPEDZA DUMBU😊 [Flat belly]

Zvinodiwa

1 🍋 lemon

1 🧄 yegarlic

Maitiro

- Chekai Chekai lemon renyu zvese nemakanda aro muchiita zvidimbu zvidiki.
- Chekai Chekai zvakare zigarlic renyu riye muchiriita zvidimbu zvidiki.
- Isai garlic yenyu nelemon riya mukapoto
- Chidirai mvura (1 to 1 1/2 cups) mupoto moisa pamoto.
- Regai zvikwate kwenguva yakati rebei. 🕒
- Chiburai pamoto momimina, moisa muglass.
- Chinwai kana zvati tonhorei ☕ Everyday makuseni usina chawadya

Cloves remedies uses

CLOVES AND ITS USES

Ma cloves anoita zvekare kushandisa kana pari panyaya dze baking kugadzira ma sweet dishes akaita se pastries, cakes and cookies

Inoshandiswa zvekare kuwedzera ma flavours kuma savory dishes se stews and curries

CLOVES

ma cloves kubva nekubvira anoshandiswa kupedza marwadzo amazino (tooth pain)

Kufema mweya wakanaka (freshen breath)

Cloves anoshanda zvekare kupedza kunetseka kufema kune matambudzik akaita se ASMA ,COUGHS AND BRONCHITIS

Ma cloves anodzikisa stress and anxiety

Uyezve achi support immune function

Ma cloves anoita zvekare kushandisa kudzinga mosquito ants nezvimwewo

Cloves anoshanda zvekare kuti munhu asapute fodya anopedza inonz nicotine cravings munhu anoputa fodya kushandisa cloves haafe akaputa fodya

Ma cloves anoshanda zvekare paku attract vanhu kugeza nawo anobvisa munyama anoita kuti jambwa ribve pauri uonekweo

Ma cloves anowanika muma shops kunotengeswa ma spices unobvunza if usingazivi

Penis enlargement remedies

Kukudza nhengo ya baba pasina ma side Penis enlargement remedies effects 2*5

1.One banana 2.One lemon 3.One onion 4.A piece of watermelon 5.Honey

Procedure

Crush the banana, make paste.Add lemon juice, and crush that onion add it as well.Crush that piece of watermelon and add it into that solution.Add one teaspoon of honey. Mix well, stir until all is mixed.Drink for 3 weeks your mbolisi will change size

mixed bag remedies for life

Zvamungade kuziva

Zai rabva kukandirwa nehuku roshanda kana Mukadzi watorerwa murume neumwe Mukadzi. Unonyora mazita evanhu vacho pazai woenda pamhararano wotaura zvose zviripamoyo wopwanyira zai woenda kumba usina kucheuka.

Kurapira nhova kumwana mucheche. Unotora nyimo yakaoma woiboora woisa shinda chena yakakoswa wosonerera jira Jena kuvhara nyimo.woisa muhuro yemwana.

Mukadzi anotevera kasingagume kana anoda kukamura mazuva. Tora Coca cola nemazai 6 wopwanya ese mubowel wodira Coke wonwa.

Kana murume kana Mukadzi asingade kurara newe tora mafuta eMvuu wozorera mumaoko Ako wongobata ruoko rwake kana panyama yake munoswera marara mese 🤔. (Don't rape mosungwa)

Munhu akadyiswa tora mafuta egarwe umuisire muchikafu zvinobva zvafumuka.

Vanhu vasingawirirane mumhuri. Kana uchida mubatane, Tenga nyama woisa panemasvozve anonzi mhamhatsi wakavhura nyama wosiya masvosve arume nyama wozoibvisa nemasvosvo wosvikonobika modya mese. Kazhinji panoungana vanhu pamariro kana mabiko.

Vanoda kukudza 🍆 tsvaga pane Mubvee. Uchatema half chifruit chacho chichiri chidiki. Chawabvisa zorera panhengo yako. Chasara chihalf chichasara chichikura kuita size waunoda wochidimbura. (Mukasiya rinokurisa)

Munhu arohwa nezvinhu kana anongovhumuka torai piece LP record wobvarura piece yehembe yaakapfeka wopisa zvese anopona

Kana ukafamba kuenda kumusha kwako uchingosvika nokora ivhu repayard woisa mumvura monwa nekugeza hauzorwara kana kungorota zvotyisa.

Kudzosa kuzasi vakadzi. Tora maHalls sweets eblack woisa pajira rakachena wopfeka kuzasi. Kana kuisa blue stone powder pajira rakachena wopfeka.

Vanoteverwa nebvuri remushakabvu. Kunyanya vanaamai vakafirwa nevarume votandirwa mweya wemufi kuti asaroorwe zvekare atambure nevana. Tora bute woenda kusango kunorasa dope 🍌 Wapedza kurasa dope tora bute rako wotanga kumwaya uchituka mweya yevashakabvu. Vanotengesa tora hove hombe wobvisa matombo emukati watora matombo epanoungana vanhu vakawanda momwaya.

Keeping marriages and relationships strong remedies

NHAI MOITA SEI KUTI MURUME ASAKUTIZAI

Dzokai kuinbox huyai apa

Kurwisa ana marwei 👉👉

Vamwe they will laugh nekuti vanenge

vasati basangana nehondo dzacho. Asi iwewe ndiwe unoziva hondo dzako 👉

Tora jira rewhite wonyora zita rehure neremurume wako wopwanyira zai zvooma worisona jira riya back stich woisa muchigubhu wovhara woherera pasi

kusimbisa rudo 🙌🙌

Powder yemauyu woisa kubeche wozogeza b4 alaji uchitaura kuti ini newe rudo rwedu rwunofanira kusimba sehunde we muti uyu haazombifi akakusiya

Eheeee

Unogezesa hubby maoko mvura yacho haurase unoigeza muviri wako vaye vanana she we vanorova

Haazombofi akakurova zvachose

Hekani waro:: tora hembe yashewe yekare kare pambatya dzake nepent rake nyatsozvipeta mushe hako usasunike vhura pilo yako uzviise mukati make sure ndiwe unotsamira pilo yacho kwese kwaaenenge aenda chero achida kurara haarari anobva afunga iwe pfungwa dzake dzichagara dzichitenderera mumba mako imomo nekuti unotsamira mazuva ese

Bad luck remedies

maremedies ekubvisa munyama⁷⁰⁰

1 URINE BATH

2 COLGATE UGEZA NAYO

3 CINNAMON KUGEZA NAYO NEKUKOROBHA MUMBA UCHIBVA KUDOOR UCHIPINDA MUMBA

4 NHOKO DZETSURO KUGEZA NADZO NEKUISA MUMAFUTA

5 PISAI GARLIC MUMBA MENYU

6 PISAI MAFUTA EHWA

7 PISAI MHIRIPIRI MUMBA MENYU

ABOVE ALL RESPECT MURUME WAKO UMUPE CHINZVIMBO CHAKE SABABA ZVEKUTI VARUME IMBWA ANOKUSIYA AKAENDA ANOITA IMBWA YAMARWEI UKARWADZIWA FUTI SIYAI MAEQUAL RIGHTS

Mugoti importance in Traditional African Life

SIMBA REMUGOTI

Kana uchinge wapedza kubika sadza ibva wageza mugoti wako usakaugeza unozvidzingira rombo rakanaka.

nyangwe uri busy sei tanga wageza mugoti. tinozviitirei. Mugoti haus mudziyo wechirungu ndosaka uchinzi mugoti. zvasiyana nechipunu ,chipunu takachikwereta kuvarungu. Nokudaro mugoti waingoveko uye waishandiswa zvinhu zvakatowanda nevakuru vedu mgoti utorine mamwe masimba ausingakwanisi kuona iwewe. kune avo vane kumba kune mapete ndinovimba makatozviona kuti ukasiya mugoti uine masadza wosiya ndiro ine masadza mapete anotanga kudya sadza riri pamugoti. izvi zvine zvazvinotoreva zvausingazivi iwewe, uchinge wasiya sadza pamugoti ugeze.

Sadza repamugoti haridiyiwe nemwanasikana

Unogona kunge iwewe wakakura uchidya sadza repamugoti pakashaikwa chawasangana nacho asi hazvireveka kut hazvina zvazvinokonjera. Tsika dzedu dzinoti sadza repamugoti haridiyiwe zvinoita kuti mwana sikana ugotadza kana kunetsekana pakuroorwa.

Mugoti haushandiswe kupakura sadza

kazhinji tine vanhu vekuti kana achinge apedza kubika achida kuita zvinhu nekukurumidza anobva apakura nemugoti. izvi zviri wrong. izvi zvinokonjera kuti pose paunozoita mabhindauko ako uchiita kana mabasa maviri chaiwo pazuva uchishanda nesimba hauna chaunowana. nekuti zviri kubvira pamugoti iwoyo wauri kupa mabasa maviri. sadza rinopakurwa nechigwaku. dai zvainge zvisina basa kunodai kusina kugadzirwa chinonzi chigwaku. kuvana komana mabhachura kujairira kupakura nemugoti kunoita unetsekane pakuroora kana waroora ndopaunoona marriage yacho ine kamunetsero kayo kasinganzwisike. 2 in 1 yawajaira

Katsi hairohwe nemugoti

kune vane katsi mudzimba kana uchida kudzinga katsi yenyu kuti igogara musango unoirova nemugoti. Haizombogari pamba inobva yaenda. nokudaro kana muchida katsi yenyu musairova nemugoti. mukairova imwe ingakwanisa kunonoka zvayo kuita bonga asi ichazokutizai nerimwe zuva.

Mugoti unoshandiswa kugadzira mazino akatarangana kana ayo akamera panzvimbo imwe chete

kana muine vana vanobuda mazino akatevedzana kana kuti mazino akamera panzvimbo imwe chete. munotora mugoti momafambisa mazino nemugoti. hamuiti zvenharo munoita semunhu ari kupusha uchiriendesa paunoda kuti riende mazuva ose munoita kamwe chete kusvikira rasvika paunoda kuti rigare.

Kunewo vamwe vasingabvume zvose izvi, ndiwe hazvina kushata munhu ingoita zvaunoona zvinokuitira. nyangwe unamate sei ziva kuti pane dzimwe tsika dzisati dzapera kubuda mumagariro medu.

Mapfunde machena remedies for Luck

Tsvakai mapfunde machena mosanganisa ne mukaka nemupunga mogeza nawo zuva rimwechete muchitaurira zvamunoda aite manake zvodana luck muzukuru



Penis health remedies

VARUME KUCHENGETEDZA HUTANO HWENHENGU YAKO.

1...kune vanetsika yekupfeka mabhurugwa hobho hobho. Hazvina kunaka pautano hwenhengo yako nemabhora. Mabhora ane temperature yawo yakasiyana neyemwiri wese. Ndiko saka achiti kukapisa anoremba inotove nzira yeku maintainer temperature yawo. Kukatonhora anosva. Anenge akudzoka kutowedzerwa temperature nemwiri. Saka nekuzadza mazishort mukati. Uri kukanganisa mabhora ako. Zvinokwanisa kukanganisa kuti mabhora agadzire mbeu yakasvika.

2...laptop usajaire kuishandisa iri pamakumbo. Heat yainopa iyi yakanyanyisa kumabhora ako zvakare.

3...Farira kugara wakagera choya chako. Choya chonowedzera kudikitira uye chinochengeta ziya. Nemamwe mabasa atinoita unofamba wakuita semukono wembudzi.

4...Kana uchigeza. Please pay attention kunhengo yako. Pota uchiigeza nemvura inodziya. Kune vasina kuchecheudzwa vhura ganda riya wonatsogeza zvakanaka. Musoro wenhengo yako ngaugare wakaita pink.

Mabhora ako anodikitira nguva zhinji. Tora nguva ukweshe pasi pawo kana zvichibvira nekadombo kasiri rough zvekumara. Wapedza pakuta maturusi ako anatse kuoma usati wapfeka underwear yako. Vamwe venyu mune nguva yekuisa ruoko mubhurugwa muchikwenya kaa. Inhu yekusageza mabhora zvakanaka uye kupukuta pachoma wapedza kugeza.

5...Nhengo yako ine chikafu chayo chinoipa utano. Zuva nezuva zvibvunze kuti zvawadya nhengo yamo yadyeiwo. Feeder mushini wako nekuti ndiwo unokupa self confidence iwowo.

Kana uchida kuziva zvikafu zvacho tichazoitaura iyoyo.

6...Farira kupfeka maboxer. Rega kupfeka maunderwear ari tight. Mabhora ako anoshaya kwekutizira kana temperature yawandisa.

7...Usangoise pese pese. Unoziva nhengo yako ikangotanga kunhongana nema STI uchaita dambudziko kunyangwe ukarapwa asi kune mamwe maSTI asingaende. Nhengo yako yakafanana nerurimi rwako.

8... Usaite mazuva maviri neunderwear 1. Paya patinoita weti kazhinji tinodzosea nhengo iine hunyoro. Hunoenda paunderwear pako. Zvino ukageza wopamha yawakaswera nayo nezuro hwema huya huchangodzoka zvee pauri seisina kugeza. Kureva kuti unofana kutenga maunderwear akawanda.

Mubhubhunu remedies

Mubhubhunu 🤝❤️

- Chifuva kana chanetsa kurwadzaa kunyanya vanosimudza zvinorema
- Kufema huruva
- Vanombopisa kana kuputa fodya
- Vaye vanoshanda nguva refu vakagara chifuva chikakurwadza
- Kwete ane asthma kwete
- Kunzwa chifuva kurwadzaa zvikuru manheru kuzarirwa kuye usanetseka tora muti unonzi mubhubhunu unoita tuvana tunodyiwa

Tora mashizha ayo boilisa imwa mvura yacho kana kuchera midzi yacho omesa wokuya kuita powder yacho uchimwa or kuisa muporidge

Munyama bad luck remedies

MUNYAMA REMEDIES

👉 Tora Chifumuro vosanganisa nembanje

👉 vogeza nemumvura yaunodira mukaka fresh milk.

👉 Geza uchitaura zvakzipa zvifumuke,

👉 unogona kufukira pamarasha mbanje nechifumuro.

Handisi kuti upute mbanje kana vadzivana ❌



Minyama yekuti wakangozvarwa nayo kana kuti uri kufungira kuti unayo ita izvi:

👉 1white kenduru,

👉 red pepper,

olive oil original,

👉 nyora nhamo dzako dzese pa candle uchishandisa a sharp object ,

👉 zora olive oil pa candle

dira red pepper inamire pa candle

Red pepper irikumirira munyama,

Candle ririkumirira chiedza,

👉 batidza kenduru rako wakariisa panzwimbo inoremekedzeka pane runyararo,

👉 siya ribvire kusvika rapera,

ita izvi masikati kwete manheru



munyama ne kuzvidzivirira

Type yeminyama :

yekurasirirwa

Yekuberekwa nayo

Yekuhakira

Yedzinza

Minyama yeshavi / dzimu

Kana rakatsipikwa

🍲 tsvaga bute rehondo...

Unomwa

Kugeza

Kunatira

Nokudeketerera



Zvekuhakira pamharadzano

👉 Nokora ivhu remhararano ..

👉 Sanganisa nesalt yemagodo yawapisa/ kana kukanga

👉 isa mvura mubucket half .

👉 Woisa ivhu nesalt ichiri kupisa mumvura

👉 wotsikamo kwekanguva.

👉 Zvobetsera vanorwara nemakumbo or vakanokorwa tsoka

👉 Wapedza tora bute rematare

👉 natira wakashama haurase mvura unokusha zvee mumbauchishandisa mutsvairo

👉 uchitaura uchidzinga mweya yose yaikutevera ibude 👉 kana une yard kusha zvekare ...



2 ...koyoita zvekare minyama inokuvengesa kushaya basa ,kusemwa



Panoda bute

Freshmilk

Mutsvairo mutsva

Hembe yousisade

Zviyo

 Zvokuita

👉 Pfeka hembe dziya

👉 isamvura mubucket yakazara inotonhora.

👉 isa mukaka nezviyo mukati ..

mix uchishandisa mutsvairo

👉 Rova maoko nemutsvairo uye nepasi petsoka

👉 Nehana uchiita uchiunyika mvumvura afta that

👉 Geza nayo uchitaura uchidzinga mweya wakaipa

 Pakutaura unogeza uchiti:-

👉 ndoda ndichene semukaka

👉 ndishaye zvipomero ,

👉 chandinobata chiendeke

👉 Zwiwande sezviyo ndibudi

MUNYAMA WEKUNGOONEKWA SEUSIRI CHINHU MURELATIONSHIP YAKO



Dai MWARI vakagona kuti pese pese panorongwa zvinhu neumwe wako dzingave nehama dzake atange ati ummm regai ndimbonotanga ndanonzwa mudzimai wangu , kana kuti regai nditange ndanonzwa murume wangu panyaya yamataura , nekuti vazhinji kuzongoona zvaitwa kare kusiri kutya kunzi wakadyiswa bodo

Chekai chekai white king onion moisa mumvura moisa salt yemagodo nemukaka mogeza muchitaura kuti ndoda kutanga ndarangarirwawo nemudiwa wangu pachinhu chese chaacharonga imwe mvura mopota muchikusha mumba menyu zviitei kwemazuva 7

Stroke remedies

REMEDIES FOR STROKE

Unotora ivhu repanga pakarara imbwa

Wogeza naro for a week, haidzoke futi stroke nokuti inowanzobata munhu ka2, inouya kekutanga kana ikashaya simba inodzoka ku paper 2.

Kana kutora mvura yepa mu banana, paya pamunocheka ma banana kubva Pana mai vawo pane panosara kakarembere Kaye munobva makacheke nepakati mopota mu chigeza mvura yacho muchinwa haidzoke zvakare

Chipwa mhango REMEDIES

Kwaziwai vazukuru vativi mana nhasi kwakadii kumasango kuno manake kwakadii sleep over .ichi chipwa mhango chorapa zvitsinga moboilisa motova panechitsinga ,kurapa musana motora momenya sedzimbe modya , paluck chikara mopisa choita dota moisa mumafuta ekuzora mozora kumeso muchitaurira zvamunoda , chaunga motora motaura zvamunoda mochiisa pamuti pamba ,kudzivirira mheni kuisa pamuti pamba kubatanidza mhuri kutaura zvamunoda pachiiri anoita manake Toda manake veduwe

Acids/ Nyongo remedies

Kurapa maAcids kana Nyon'o

* Tsenga ginger.

* Boilisa muti wemudhorofia womwa mvura

yacho.

* Eat dry bread makuseni usaise anything kana

kunwa chinhu. Idya chakadaro.

* Nyon'o kana maAcids inwa mazai kuseni usati

wadya kana 3 wozonwa cup ye fresh milk.

* Paunonwa unogona kubvova kana kana

kurasa mweya.

* Tora mhodzi dzemupopo wodziomesa

* Kana dzaoma inwa seuri kunwa mapiritsi

ka3 pazuva dziri 3 kwemazuva matatu.

Anobva apera

* Tsenga -tsenga mudzi wenhundurwa.

Mushonga mukuru wekukunda this problem

yenyon' nema Acids kuziva chikafu nezvekuwa .

: *RAPIKAI*

1)Vanorwara nedzungu, gezai kumeso mu dish rinonwira hangaiwa zuva risati rabuda

2)Gwati remauyu, ukariboilisa kwechinguva onwa mvura yacho inopodza neku cleaner chibereko

3)Ma fibroids mudumbu, tora gwati remauyu oripwanya pwanya ma piece acho orara ari mumvura opota uchinwa...

4)Enda pamu pitches oita mashizha ekufura zvinoita mombe, usaabate, idya nemuromo, tsenga uchimedza muto fo 3 days - Jeko rinopora

5)Musana - tora black jack (mutsine) nemidzi, dzura muti wese wakadaro. Boil it moisa mu dish. Itai zvekugara muchisimuka so tht steam inoenda panorwadza. Kana mapedza chererai plant nemvura zvese pasi mofushira... Or kutsikwa nemunhu akambopinda muguva (anotsika pacho panorwadza)

6)Marasha anopisa, oisa a mixture of cooking oil & salt, hutsi hwacho onatira, msoro unonzi hauptore unopora zvachose...

7)Chimba chehozhwa chikapiswa dota racho opota u chozorerwa pabuda musana unodzokera (ombomira basa resimba)

8)Kana murume wako asingashande, paunogezwa mugoti taura nhunha dzako dzese fo 2wks ozouya uchitiudzao kut kurisei kumba...

9)Ukakwanisa kutsonda fresh carrot or king onion odonhedzera 3 drops mumaziso, anopora

10)Menya ma potatoes zvawamenya oomesa okuya kuita hupfu oisa mudoro rako kana uchida kusiya doro zvachose...

Tsinga

Vaye vanonetseka netsinga tora mhiripiri sanganisa nemunyu wopota uchikwiza katatu pazuva tsinga

Cleaning of Uterus Womb for women Chibereko

KUSUKA CHIBEREKO

Zvakakosha kusuka chibereko kunyangwe chisiri kurwadza kuitira kuchengetedza hutano . _Vazhinji vanozogoma vaita matambudziko akakura nekuda kwetsvina yemuchibereko zvinosanganira kurwadza kwemakumbo, musana uye kukanganiswa mbereko._

1.Tsvaga mabanana maviri ,mazai maviri , 500ml mukaka uri fresh, zvipunu zvesoda zviviri (2 table spoons). Inwa kuseni usati wadya. Dzokorodza kwapera mazuva maviri kuti chinyatsochena.

2. Tora gvakava wocheke cheka kana kutswana woisa mumvura. Sheka zvakasimba wakavhara chigubhu. Siya zvakadaro kwemanetsi 30. Chinwa cup usati wadya. Dzokorodza mazuva matatu akatedzana.

3. Tsvaga tsangamidzi . Idya uchinwa mvura inodziya se tea. Mvura yacho ngaive cup yakazara. Ita izvi usati wadya. Dzokorodza kwe 3 days.

4. Tora mhodzi dzekotopeya (avocado) kana mashizha acho. Kana arimashizha unoita tea wonwa asi mhodzi unongocheke cheka woisa mumvura wovhara zvorara zvakadaro wozonwa kuseni usati wadya.

5. Tora mashizha emuguava woita tea. Inwa cup usati wadya. Dzokorodza kwemazuva matatu akatedzana zvakare.

6. Tsvaga mhodzi dzemango dziri pakati peshanu negumi. Bvisa makoko ekunze utore chinomera chiya. Cheka cheka uise mu 2L yemvura wovhara. Sheka zvakasimba wosiya zvorara zvakadaro. Muka uchinwa usati wadya.

*Iyi inoti kusuka chibereko nekurapa mafibroids necyst. Saka yakakosha zvikuru. Kana uine cyst kana fibroid unoita mazuva matatu akatedzana pasvondo kwemwedzi wese.

Stroke

Zvingakubatsirai kupedza stroke

Zuva nezuva Idyai ma fruits 

Farirai kuita ma exercises zvinobatsira kuumbiridza hutano hwenyu

Musagara nevamwe stress ,musafunganya zvinokonzera kuti stroke isapere

Chirwere chako Che Bp ngachigare chakaderera gara uchitariswa nana chiremba

Musapute fodya nekunwa doro siyai zvinodhaka

Ndatenda 🙏🙏🙏

Bvunurwa re nyoka for treating sari on women

Kurapwa kwesari ichipera

Unotsvaga bvunurwa renyoka watora marasha anemoto wopinda mubedroom wokurura hembe dzose woisa bvunurwa renyoka mumarasha enemoto,pazvinenge zvavakupfungaira wotanyanga uchinatsonzwa kuti chiwidzi chirikupinda munhengo yako.Ndokurapwa kunoitwa sari ichipera zvinongoitwa kamwechete

Vose vaneproblem yesari batsirikai zvimwe hazvidi muprofitu kana kuenda kundobhadhariswa mari nevanhu vasingazivi kurapa

Life correction remedies, kugadzirisa zvinonetsa

TORA DAMBA REGREEN

Gara hako pasi boora damba rako nechinhw chirisharp roita buri (don't ask me kuti rakakura sei)

Chitora bepa rako nyora zita remunhu anemari yako, akunetsa, akakuvenga, akukukandira zvipotswa, akukushungurudza, akakusungira upenyu, zita remunhu waukuda akubatsire , zita remunhu wamunoda (zvese)

Tora damba rako riye isa pamoto *ndati pamoto*(uchanzwa mumwe achiti stove yemagetsi)

Pisa damba rako kusvika ravakututuma then isa bepa riye paburi rawaboora riye damba riripamoto kudaro

Chitanga kutaura zvaukuda kusvika wapedza watora damba rako wonoriisa mudust road pamharadzano. Unoisa wakavhara nepakabooka paye

Iwewe paunodzoka uchisvika pamba chigeza nemvura ineweti yako usapukute worara wakadaro



Kana uriwe wakatadzira munhu azvishande

Sweet potato leaf for luck

Shizha rembambaira

Shizha rembambaira kumberi, rinounza a lot of favors from different walks of life, ringava business rekutengesa uchatengesa kusvika waita run out of stock, mumba chaimo kana arimasvanhikongonya zvatopera, kana kuri kubasa murungu akutotarisa iwe kuti you are number one, handingazvipedze.

Right everyday wageza geza wakuenda kubasa rako or uripo zvako pamba, tora shizha rembambaira woriisa mubhutsu yekwaLeft wopfeka zvako bhutsu yako swera naro ririmo manheru wozobvisa zvako worasa, sometimes unoriona, sometimes harioneke depends nekukora kwaranga raita, do it every day

Bring back lost lovers

KUNE VAKATIZWA NEVARUME KANA VAKADZI VAVACHIRI KUDA.

👉 Endai pamuti wakaita se muAvo, mumango kana muguava.

👉 zunza nhonga Shizha richatanga kudonha pasi.

👉 wonyora zita remunhu waurikuda kuti adzoke.

👉 Geza naro Shizha 2 days semagezero aunaita miteuro wapedza.👉 isa shizha pakanaka wosiya zvakadaro.

KUDZOSA MURUME.

Kana uchida kuti murume akakusiya adzoke try this.

👉 Unotora mavhu epanorara kitsi 🐈 cat.

👉 Isa mumvura ugeze muviri uchidana zita reke.

👉 zunza pillow seri kwedoor uchida zita rake.

⚡ wapedza zvako.

Vose vane varume or vakadzi vavakasiyana navo asi uchiri kumuda.

👉 Tenga candle rered wonyora zita rake 12 times.

👉 Rorara richipfuta paunori lighter unotii 👉 sekupfuta kurikuita candle iri rudo rwedu ngarupfute kupfuura pekutanga. Kupfuura kupfuta kunoita candle iri .

Kugadzirisa kunokorwa tsoka

Kunokorwa tsoka

Nguva zhinji varoyi vanokunokora tsoka senzira yekukuronda matsimba ako kuti vaone chese chiri kuitika muhupenyu vozatora matanho ekuku shinhira

Saka ungaite sei kuti udzime kurondwa matsimba ako ne wakaipa?

Dziriko nzira dzakasiyana dzinogona kuitwa kuti udzime kurondwa uku

Imwe ye nzira yaungaite ndeye kutora shizha re muhacha wonokora ivhu riri pamumvuri wako kumashure kwako ne ivhu zvakare rine tsimba rako

Unotora ivhu iri worivhenganisa ne ndove ye mbudzi wozviisa mu mvura woenda kunogezana nazvo uchipopota neku kumbirira kune vekwako kuti dzimai matsimba angu asarondwe ne wakaipa musamusiiye achi ndiroya burikidza ne tsoka yangu kungave kuda kundisimudzira jambwa munyama kuvengwa ne vamwe kweteba putsai mhiko dzose dzakateketerwa pandiri burikidza ne matsimba angu 🔥

Lifestyle remedies

***SOME SIMPLE HOME REMEDIES* ;**

1. Kupisa just a ring yeonion kunodzinga nhunzi mukitchen.
2. Kuti bed linen nemapillow zvinhuwirire unoisa baby powder inobatsira.
3. Ukatanha ma vegetables ako unomanyika mumvura ine salt for 5 minutes nhata, hoshwa, makonye zvinobva zvega.
4. Kana uchibika nyama kuti isatutumira pastove isa teaspoon yemargarine kana wakavhara no problem.
5. A little bit of cooking oil and lemon juice shake until its well mixed inoshaina furniture just like mukwa oil.
6. Ukabika beans dzako paunoisa soup yako add a little vinegar and tomato sauce zvokwata haifufutirwe kana kuzvimbirwa.
7. Vinegar unoisa mumvura yekugeza once per week especially vava vanoburitsa mweya mumuviri yavo, unoita fresh.
8. Domasi rakatsvukisa ukaisa paman'a ukazokwesha anopera.
9. Ukaona electric kettle yakuita kachi yellow or brown pazasi boilisa mvura shoma then wodira bicarbonate of soda zvinobva fast.
10. Kana uchida kucleaner suede black shoes usina suede cleaner u can use vinegar.
11. Kana uchibika maguru unochekerera onion wodira mafuta kuti nhunzi dzisanyanye & wodira salt kuti isatutumire.

12. When cooking fish, unoisa shizha remuriwo pasi then fish pamusoro they don't stick to the pot.

13. Poto dzeblack ukaona dzakuchinja colour mukati isa Jik or vinegar wozadza mvura wovhara leave overnight.

14. Kurubba vicks kuseri kwenzeve kunoreliever nose congestion instantly

15. Kunwa a glass of warm milk or 500 ml of warm water 30 minutes usati warara kunokupa hope dzakakwana kana uri wekushaya hope

Mixed Bag remedies for different challenges

PILE KUBUDA CHIMUSANA

Pisa chimba cheHozva, dota racho pota uchizora pa pile rinodzokera. Usazoite basa rinorema kwemazuva uye drink more water. 🗑️ mee 🗑️

***KUSUNUNGURA LIFE YAKAOMA*.** Geza muviri nemvura yemumhango vemuUyu be fresh milk. Zvinobatsira KUSUNUNGURA hupenyu hwakaoma.

***MUNHU AKUSHUNGURUDZA MUUPENYU*.**

Tora makwati emuti unonzi Muzeze, nephot remunhu vacho. Geza for 3 days it's done. Zvika dairana Neve zvako zvaita.

VARIKUTSVAGA BASA

Tora 3 different types of flowers, isa mumvura vogeza muviri vapedza rasira mvura tasara panzvimbo inozara vanhu.

MWANA ANOVHUNDUKA

Boora zai mbishi, bvisa zve white zvemukzdzi. Isa mucup add salt Shoma. Chips mwana or munwise.

KURAPA PFARI

Tora makwati emuti unonzi Mititi maomese, vokuya into powder . Bika bota voisa mushonga uyu chidya.

LIBIDO

Maizviziva here kuti decreased Libido or sexual feelings can be related with infertility. Why, because ma hormones anoita unzwe kuti uri murume or mukadzi, nekuda bonde ndivo zvee sterile. 🍆

KUNGOVENGWA PASINA CHAVATADZA

Tora HUCHI honey mix be crushed ginger tsangamidzi, geza nazvo muviri. Zvinodenha mhepo zvakare

MUSORO UNORWADZA USINGAPORE

Tora nhundurwa two mbishi neyakaoma. Pisa yakaoma watora dota racho chitemera nyora ne new razor woisa dota panyora. Chitora nhundurwa mbishi it's cheka useve paropa votaya nhundurwa.

CANCER YECHIBEREKO

Boil mashizha emuChecheni n drink the water on empty stomach every day until condition improves.

Cancer yeronda. Tora mukaka vemutova tree Zora paronda chironda chinovhara nekupora necancer

JEKO GONO

Tsvaga mutamba munono. Kwatura makwande woisa mumvura pota uchinwa mvura yacho pese paunoenda kuperiod' kusvika vapedza period.

PRIVATE PART INONHUHWA

Geza ne soda haizobhuhwa.

KUVAVIVA ZASI LADIES.

Drink garlic zvinobatsira zvikuru kusavaviva kusikamwana.

Mombe ye Umai process

KUKOSHA KWEMOMBE YEHUMAI

Mombe yehumai idare rakazvimirira rinofanirwa kukosheswa.Nhau iyi haife yakagezwa kana kusiiwa nemvura kana kuenda kumakereke woti zvatopera haichabviswa.

Kune vazhinji varikusiya nhau yemombe iyi isina kubviswa nemhaka yokuti vanenge wooti tava kunamata kana kuti tava kuyera Jesu.Koita vamwe varikuzviti vakaiswa nekugadzikwa zvikwambo nekutsvaga huroyi ,asi huroyi pasina iri mombe yehumai.

Baba vakafa vasina kupedza kuroora vana ndimi munoroora mai wenyu kupedzisa pakasiwa nababa wenyu.Makore atoorarama aya nhasi uno hapachina vanobatana kugadzirisa kan kuripira nhau dzkasiwa nana baba vasina kupedza kuripira kuti hupenyu hwevana hunake ,zvinova zvnosimudza mhapo.

MOMBE YEHUMAI INOKONZERA MATAMBUDZIKO API KANA ISINA KUBVISWA

1. Hurombe kuvana komana hapana chinofamba

2. Kusaroorwa kwevanasikana ,kunyangwe vakapinda mudzimba havagare zvakanaka ,kushorwa ,munyama ,

nekupomerwa nhau dzinoita asvike pakusiya musha

3.Kushaya mbereko kwevanasikana kwavanenge varorwa

4.Kurwara rwara kuparadzwa nekufa nyore nekuda kwekushaya vhumbamiro yembereko ,mbereko ine basa guru kwazvo rekuvhambira vana ,kuramba kubarira pasi ,mbereko inovhika chinenge chatadzwa nedzinza nokuti mutorwa haana dupo newe.

INOBVISWA SEI

MOMBE yehumai inoenda kuna mbuya mai wabereka mai wako.Kana mbuya vasisipo inopihwa kunyangwe mwana mudiki waunoti mai mumusha maberekwa mbuya iwayo.

Mombe yehumai inoenda nembudzi yemunongedzo haibviswe iri yoga , painobviswa inofanirwa kusumirwa mai watambira mombe yawo vanofanirwa kuirova nemukombe kana kuifura nemvura kuratidza yasvika vaiona.Kana ichinge yabviswa inobviswa iri mhou isati yabereka .

Inotarisirwa kusiiwa yakadaro kana yabviswa kusvika yabereka ,kana yabereka inozoitwa anonzi madiro ndipo painouraiwa ,kana yaurayiwa mukwasha anopihwa bandauko rake kududza zvirango zvake zvapera.

Nhasi uno vamwe varikubvisa ari makwati ,kana kubvisa yobva yaurayiwa nokuti vamwe havana kumusha asi zvapere zvakanaka takuchinyanya Chirungu chacho vazukuru imboita dare racho zvakanaka ugoona kuti hazvifambe here ..Usati watsvaga muroyi chimbozvicherechedza paumire.

Kana wapedza kuverenga siya emoji ❤️❤️❤️❤️❤️❤️

Dream Solution

Vanogarorota vachidyiswa

1-inwa first weti yako yemakuseni

2-mix ginger nemutsine and boil a little bit wonwa zvese

3-tsvaga muti wemupfura midzi yacho tsenga yakadero

4-tsvaga zumbani utsenge midzi yacho yakadero

5-tora two tablespoon salt yemagodo and mix nefull garlic then make it warm wonwa zvakadero

Makambozvita here kurota uchidyiswa wotopepuka une food mumuromo or uchitsenga. Main purpose yekudyisa munhu kumuroya kumubira blessings, kuti asangane nemunyama, kupiwa chirwere chakaita semusoro usingaperi, mudumbu, kushaya mbereko, pfari, kuyenda kumwedzi usingaperi etc

Green peppers remedies

Green pepper juice

Remedy for feelings

Kune vakadzi vasinganakirwe nebonde uye vanoti hatisati tambotunda iyi ndiyo remedy yenyu chaiyo kana une blender blend green pepper then add water kuti zviite juice

Half cup is enough, kune vasina blender itai zvekutswa or kujungira mu cup moisa mvura then wonwa hako juice yako /hours before bonde haaaa lweka iwe unototesa zvekuti baba vanosara wouya watunda

Ndakumbogadzirisa DZIMBA manje vana baba Ndiri kuuyao neyenyu yenhengo

Garlic and sea salt cleansing uses

Geza ne Munyu ne Garlic

Garlic inobvisa mweya yakaipa,

munyu wegungwa unochena muviri nemweya.

Sanganisa garlic yakadzvurwa nemvura inodziya nemunyu.

Shandisa mushure mekugeza nesipo – pasina tauro.

Namata uchigeza, taura zvawakarota.

Ita manheru, mazuva manomwe.

Unozoona kuchinja muupenyu:

mweya yakaipa ichabva, rombo rakanaka, runyararo nemufaro zvichauya. 🌙✨

Women vagina remedies

Kudzora kuzasi uye kudziisa muviri

plz notice munhu anhenumbu hashandise izvo zvole plz

Tora cop yenyemba worara wakadzinyika mumvura womuka mangwanani wonwa mvura yacho but ndapota imwa shoma usawanze woita 3days uchimwa worega hako unoita mhadhara chaiyo musane yakawanda ndapota hangu

Nyika nzungu mumvura wopota uchinwa mvura yacho/ kana kunwa mvura yewhite rice paunori boila paye yaita white mvura wobvisa usina chawati waisa u thnk me later

Ginger and halls sweets zvopedza masports

Ginger nelemon atinobatsira or cinnamony warm fresh milk zvobatsira

SODA REMEDIES

SODA SODA SODA



Zvinorapwa:

Kurwadza kwechibereko

Kurwadza kwemusana

Kurwadza kwemakumbo

Kurwadza kwewaist

Kuuchika / chibereko chine tsvina

👉 Maitiro:

1. Dira mvura 2 litres mubucket rekugezera.
2. Wedzera soda 2 sachets kana 2 teaspoons.
3. Sanganisa zvakanaka.
4. Geza nzvimbo yako yepasi (private parts) kusvika wapedza.

⚠️ Zvakakosha kuziva:

Kana usiri kuda nhumbu, shandisa protection, nekuti mushure mekugeza izvi nhumbu inobata ipapo ipapo.

Baobab fruit remedies Mawuyu

MAWUYU BASA RAWO MUKURAPA

(1) Anoshanda zvakasimba kuti muviri udziye kana ukadya zvemukati zviya.

(2) Goko racho riya rinoshanda zvikuru kurapa meno. Sei?? Unopisa Goko racho then watora matsito acho or dota wozorera pazino racho rine mhango or Crack rinopera richipfupfunuka pasina kurwadza.

(3)Goko rewuyu kana ukaritora ukaridzvura then wobhoyilisa kwenguva yakati rebei ukazonwa mvura yacho zvinobatsira zvikuru kumadzimai kugeza chibereko zvekuti tsvina munotoiona.

(4)Kana uine mafibroids unotora Goko racho zvakare woridzvura then wotora zvawadzvura worarisa mumvura wozonwa mvura yacho after 24hours chokwadi ose mafibroids anobuda.

(5)Kumadzimai kudya mawuyu kunoita kuti ugare uine health discharge pasina hwema-----kureva kuti plain youghurt +garlic+Ginger kuzvidya=health discharges and good smell

(6)Ukatora mhodzi dzemawuyu ukapwanya mune nzungu ska ukadya nzungu idzi zvinoyamura pakuti chibereko chigashire mbeu kuti ukasike kubata mimba-----kunana baba kudya nzungu dzacho zvinosimbisa mbeu dzikwanise kutuhwina kuno rova zai.

Mawuyu mukaaona musaatarisire pasi anokosha zvikuru muupenyu hwemunhu. They were created to benefit us

Baboon urine use's remedies

###*NATURAL REMEDIES*

weti ye gudo

kuvarume inoita kuti nhengo ive ne power achingopedza kutunda chete kungofurwa nemhepo yomira zvekare

-nosimbisa musana

-inodzora mukana wekuita kidney problems kuvarume

-inodzozve mkana wekuita ma stones mudumbu

-increased sperm production

-increased libido ,baba vanoramba vachinzwa kuda kungorova lula lula....

unowedzera fertility

kuvakadzi

-inorapa msana

chibereko

-unodziisa muviri

-inocleaner immune system

Thus if they choose kumwa ,haa the list is endless

Main purpose yekupfeka kuvakadzi kuitira kuti baba vasakwire Ku side pese pavanofunga bonde vanouya paden ,

Inopedza mvura dzese fut plus dad vanonakirwa heavy-inodzora zasi kuita mhandara

Use's of Mutarara tree

Mutarara

Mutarara unoshanda zvakanwanda

Munyama torai mashizha moomesa moputa sefodya muchitaurira zvamunoda

Kukudza nhengo torai mutarara motora makwati kachaikachai motova nhengo yechirume

Kudziisa muviri motora makwati mboilisa momwa

Pazino torai mudzi pisai moisa mumhango

Kana waverenga woisawo emoji yako 🔥🙏

Bring back loved one

Kudzimba MUDIWA WAKO AKAENDA NAMARWEI ❤️

Nyora zita raX wako pa white paper. Nyora nemavara makuru kuzadza bepa rose. Wodira sugar pa every letter rezita raX wako. Uchidira sugar kudaro namata kuti moyo wake utapirirwe neni sekutapira kunoita sugar. Wapedza isa bepa rako pasingazviki munhu or mapete zvawo pakavharika bhoo zvokuti. Make sure sugar haiteuki. Ex wako anodzoka, vamwe zvovakurumidzira vamwe zvoti nonokei asi anodzoka chete. *GOOD LUCK* ❤️

NB Tikureva vanga vakaroorana kwete zve mujolo vamwe vangatoitira varume kana vakadzi vevanhu hazvishandi.

Sperm count increase

VARUME

1. ***KUWEDZERA HUWANDU WEMBEU YENYU***

(spemu Counti)

Torai mashizha emuguava momadzvura (pound) kuti abude muto. Muto wacho sanganisai nemvura uye mokwanisa kuzvisefa (filtering) kuti muwane juice isina zvimatsengwa. Inwai half cup katatu pazuva.

2. ***KANA MUCHIKASIKA KUTUNDA***

Torai derere riye rechipodzi mobvisa mhodzi dzacho (seeds). Dziomesei. Kana dzaoma dziisei mumvura ine soda kwemazuwa 2. Chinwai half yecup pazuwa kwe 1 week.

3. ***NHENGO YAKANETA ISINGADI KUNATSOMIRA***

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Torai 6 hanyanisi (onions) modzidzvura muwane muto wacho. (Pounding to extract juice). Zanganisai nehuchi. Potai muchidya spoon 2 katatu pazuva.

HOPE NEDUDZIRO

 Nguruve mombe zvoreva mweya yakaipa

 kurota imbwa kana Garwe zvoreva muvengi

 kurota huku chena njiva gwayi zvoreva mweya mutsvena kana vatumwa vaMwari

 Kurota zizi nechiremwaremwa zvoreva huroyi kushanyirwa mukurara

 kurota hwiza kana ishwa zvoreva chiratidzo chezvakanaka kumberi ingava mari kana zvimwe

 kurota shangu dzoreva chimiro cherudo pakati pekudanana kwevanhu vaviri

 Kurota uchiroorwa kana zveroora zvoreva kudeketererwa kwemweya yavashakabvu

 Kurota munhu arimutsero uye asinakupfeka zvoreva muroyi

 kurota tsvina yemunhu zvoreva mari

 kurota uchibhiruruka zvoreva kukunda mumhandu dzako

 Nyoka miedzo

 Fish imari

 imbwa muvengi

 muramba/gonzvi munyama zvimwechete nedhongu

 Zizi chiremwaremwa muroyi zvimwechete nemapurisa

 shumba victory kukunda

 kudya kukundwa navavengi

 moto tsamba mashoko zvimwechete nenyuchi

 Shoko paneaneachikuda murudo

 gudo mweya wetsvina zvimwechete nemombe nhema

 MUCHATO rufu zvimwechete negomba rakacherwa

 kurota uchimwa doro urombo mari inombokutiza

 uchigerwa kunyadziwa zvimwechete nekukururwa hembe

 Kurota urikuchikoro kudzokashure kweupenyu

 bhazi comb zvodudzira rufu

 Accident zvoreva kurasikirwa nepfuma

    DIAMOND kana goridhe zvoreva ndaramo Upenyu

 CHEATING zvoreva kushupana murudo

 kurota uchikanga nyimo kuangarara

  KUTSVAIRA nekutamba nhabvu kushanja musikanzwa

  Kurota mari kudeketererwa kwemweya yavashakabvu mabvuri

 box rufu zvakare

 Imba yeuswa inodudzira chimiro chemarriage yako kana yakawira kuparara ichitsva mashoko arimo ichimunywa zvoreva kuparara kwayo and so on



 kurota uchiita bonde zvoreva spiritual husband/wife uye kutorarwa nemishonga kubobiwa

 kurota rufu rwemunhu akafa kare zvoreva kusagadzikana mumhuri

 kurota wafa zvoreva upenyu kwauri

 kurota mukadzi wako zvinoreva warning angarwara

 kurota urimugreen yakawanda upenyu hwakanaka kwauri

 Kurota tsaona zvinoreva loss of property